



*The 7 Habits
of Highly
Effective PAs
and Home
Carers*

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Introduction

Hello there! Thank you for taking the first step toward joining our club for people like us!

There is frequently misunderstanding about who is a paid employed caregiver and who is an unpaid caregiver. At Care4Carers Community, we want to increase general public awareness of this difference and, in particular, to recognise the incredible gift given to the UK by both paid and unpaid Carers giving their time.

So, you are now a Care4Carers Community carer member. All members will have so much to offer our online community and will be so valuable in our quest to find a better deal for those who unquestioningly give their care, time, and energy. This frequently puts us in a poor position in terms of our own health, wealth, and well-being.

Care4Carers Community is all about choosing the life we want rather than being in a situation over which we have little or no control. This eBook is a taster of what to expect as a member of our community, which will grow and evolve as members contribute their vast experiences, skills, and knowledge.

Let's Go!

So you wake up one day and, despite doing what you do without thinking or questioning, you've joined the gang of paid and unpaid caregivers.

So, are you ready for a taster of things to come?

This is The Seven Habits of Highly Effective PAs and Homecarers.

Habit 1: See life for real as it is around you today.

Get your pens, coloured pencils and open your mind! Open your journal.

This gives us an opportunity to really think about the world around us. Things we see, feel, like, dislike, and anything else that paints a picture of the life you currently live. You can write down your thoughts, draw some bubbles, or do anything else that helps you visualise your life today. Go on, be bold.

Habit 2: Know where you are going.

When planning a journey, you need to know a lot of things. Where you're going, when you're going, how you're going to get there, how much it'll cost, and, of course, the date you're going to arrive.

This is where it's important to think about where you want to go, how you want to get there, and when you want to arrive.

This is known as setting intentions and some may have tried this before.

We can't always change our circumstances, but there are many things we can do to improve them. This is your chance to let your imagination run wild and write or draw how you want things to be in, say, a year. Set a 'due date to achieve' even if it appears difficult? Try not to let your mind restrict these ideas because you believe they aren't possible right now. Be truthful. And don't question yourself -yet!?

Habit 3: Be important.

The Care4Carer online coaching course assists us in looking at these areas of our lives that are frequently overlooked by us and others. Our carer role appears to be written across our forehead and says, "ignore me." I'll just keep going, regardless of my own health, finances, or work/family commitments. I'm not important!" This may appear victimish, but I know this is what happens, and carers' needs are often put to the bottom of the pile.

So, habit 3 revolves around reviewing 1&2 and making plans to move closer to your completion date. There are numerous approaches to this, but simply return and jot down your ideas and thoughts.

Who can support you? Do you want to buddy up with someone? What sorts of things should I look for around me to make this happen?

Care4Carers Community can provide a wealth of help, support and new friendships to help you on your way.

Habit 4: Seek out support.

There are numerous aids available to assist you in achieving your goals and dreams these days.

Habit 4 is about looking for the things you need to be successful.

As Care4Carers Community grows, there will be many invited expert speakers to help us make choices about everything that is important to us. The world of health and social support is changing quickly and varies depending on where you live, who you care for, and so on. The regular chat sessions will hopefully bring us together from all over the UK and allow us to share information.

This Community is all about you what you'd like to get out of it. It will change and evolve all the time. As with membership of any other Community, your input will be highly valued. We also understand that your time is constantly limited, so we want you to be able to dip in and out as needed. As a result, all speaker presentations, webinars, and other events will be recorded and available to you whenever it is convenient for you.

Habit 5: Care about yourself.

Be clear about your own needs as well as the needs of those you care for. Maintain your cool while being assertive. Dealing with all the needs in this very special situation can lead to frustration and anger.

Build your support team around you and know who will help when needed. Create a support team and be aware of who will assist you when needed. This can take time to develop because your team changes frequently in this role.

Learn relaxation techniques to help you deal with stressful situations. Don't let things get out of hand and cause a crisis. Learn to expect people to assist you based on their job title!! Ask, ask, and ask some more!

Habit 6: Sharpen your communication skills.

Numbers make a lot of noise! Care4Carers Community requires your assistance in providing more support, recognition, thanks, and, for those who require it, a realistic monthly payment for the work done, similar to what the rest of the working population receives.

Paid and unpaid Carers should be recognised as valuable members of our society. We will make a significant difference by adding to the voices already out there and gaining the support of influencers through our professional but kindly, non-abrasive persuasion style. So, if any of these apply to you, please continue to support our Community. Join our Facebook/Instagram Community. Please help us spread the word by telling your friends about what we're doing.

I hope to meet you as part of our regular Zoom Meetings/ Training or 1/1 Coaching Programme.

Habit 7: Design your own future with confidence and hope.

Nobody knows what the future holds, but one thing is certain: if we are a part of the design, it is more likely to be what we hoped for.

When our lives change from what we expected, it's easy to become apathetic. As a paid or unpaid carer, it's easy to get caught up in the day-to-day needs, wants, and expectations that are placed on us. We frequently disregard our own needs, aspirations, and importance to the detriment of our own health.

This will not be an easy journey, but you know what? With Care4Carers Community on your side, you might just be able to live the life you desire.

I look forward to you joining our community to improve your life, help others in similar situations and add to your wealth of knowledge. Together we can get the paid support, respect and recognition we deserve. We will not be ignored!

Thank you for joining us.

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